

Headquarters U.S. Air Force

Integrity - Service - Excellence

Air Force Gathering of Combat Wingmen



11 January 2006

U.S. AIR FORCE



U.S. AIR FORCE

AFELM Commander's Call

■ Commander's Call Topics

- New Secretary of the Air Force**
- New Air Force Mission Statement**
- CSAF Priorities and Goals**
- Force Shaping**
- Changes in Enlisted Force Structure**
- Changes in Air Force Physical Fitness Test**
- AFELM Physical Fitness**
- Changes in Air Force Uniform Policy**
- Combat Wingman Program**
- Significant Events**
- Promotee List**
- Award Winners**
- AFELM Booster Club**

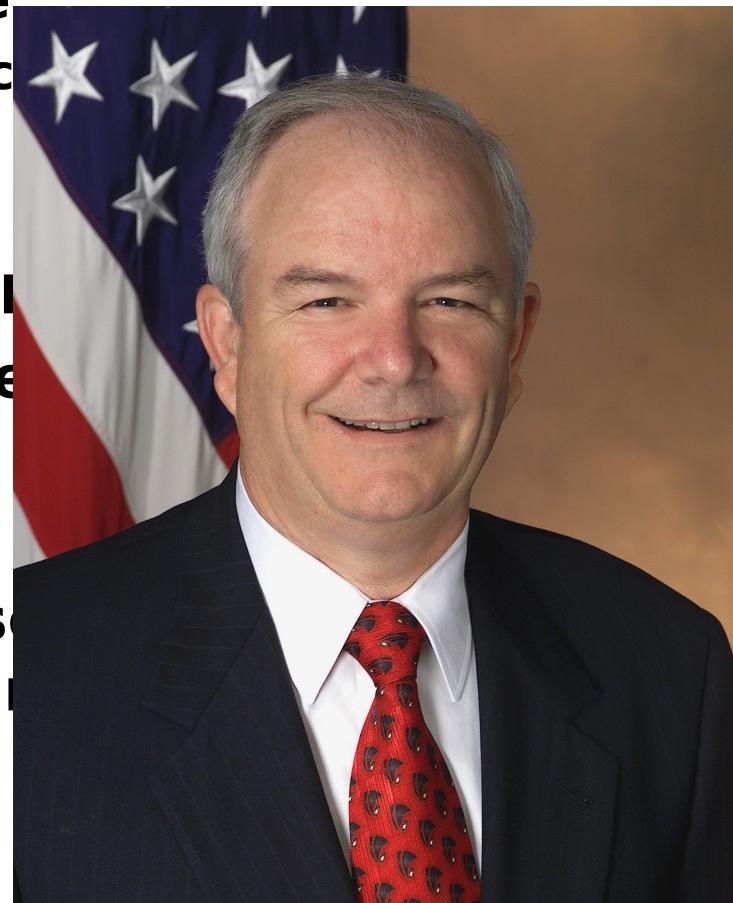




New Secretary of Air Force

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- Honorable Michael W. Wynne
 - New Secretary of the Air Force
- West Point Graduate - 1966
 - Seven years active duty Air Force
- Twenty-eight years experience at senior executive level in defense industry
- Under Secretary of Defense for Acquisition, Technology and Logistics (2001)





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New Air Force Mission Statement

- **Redefined AF Mission**
 - ***“...to deliver sovereign options for the defense of the United States of America and its global interests - to fly and fight in Air, Space and Cyberspace.”***
- **Take a look at our mission statement and the priorities of our senior leaders**
 - **Make sure we are putting first things first — every day — in support of our warfighters and our most senior leaders**
- **Understand that our GWOT commitment does not end in Iraq and Afghanistan but extends around the globe**



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CSAF Priorities and Goals

- **CSAF Top Priorities**
 - **Fight and Win the Global War on Terrorism**
 - **Take care of our people**
 - **Recapitalize and modernize the inventory**
- **CSAF Four points that will drive the Air Force's future**
 - **Air Force must be adaptable**
 - **Seamless among active duty, Guard and Reserves**
 - **Operate in a joint environment**
 - **Affordability**
 - **Share resources with Sister Services**
 - **Joint Weapons Development**
 - **Kill over-budget / delayed weapons programs**



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Force Shaping

- **Force Shaping Phase I**
 - **Goal: Meet FY05 authorized end strength and balance AFSC requirements across the AF**
 - **Achieved FY05 authorized end strength in May 05**
 - **Retrained or separated 300 enlisted personnel**
- **Force Shaping Phase II**
 - **Goal: Meet FY06 authorized end strength and balance AFSC requirements across the AF**
 - **Began 18 Nov 05**
 - **Will involuntarily retrain up to 777 active-duty Airmen**
 - **Not enough AFSC cross-trainee volunteers in Phase I**
 - **Limited voluntary separation opportunities for those Airmen/NCOs who don't want to cross train**
 - **No enlisted personnel involuntary separation currently projected**
 - **Career Job Reservation program continued for First Term Airmen**



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Force Shaping Con't

- **Force Shaping Phase II**
 - AF over-manned by ~4,000 officers
 - Officers 2002 & 2003 Year Groups vulnerable to Force Shaping Board (FSB) involuntary separation
 - Not all AFSC's vulnerable - only over-manned career fields
 - Voluntary separations have eliminated FSB requirement for some career fields
 - Details on FSB vulnerability broken out by AFSC:
 - <http://www.afpc.randolph.af.mil/retsep/shape.htm>



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Changes in Enlisted Force Structure

- **Changes in Enlisted Force Structure**
 - **Goal: Best use of talents, skills, education and experience of Airman in overall mission accomplishment**
 - **Tied future assignments and force development structure together**
 - Codified in AFI 36-2618 Enlisted Force Structure changes
 - **Clarifies NCO and SNCO responsibilities**
 - **Standardizes duty titles across Air Force**
 - **Increased emphasis on frequency of PME**
 - PME for Chief Master Sergeants



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Fit to Fight -- Air Force Fitness Test Changes

- **Changes to AFI 10-248 “Fitness Program”**
 - **Change in how body composition is measured**
 - **Body composition scores no longer based solely on abdominal circumference**
 - **Body composition measured using body mass index (BMI)**
 - **BMI Formula: Divide weight in pounds by height in inches squared and multiply the result by 703**
 - **Airmen with a BMI of less than 25 will earn the full 30 points for body composition**
 - **Airmen who score a BMI 25 and above will use results of the waist measurement for their test score**
 - **<http://www.consumer.gov/weightloss/bmi.htm>**



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Fit to Fight -- Air Force Fitness Test Changes

- **Changes to AFI 10-248 “Fitness Program”**
 - Change in number of days an Airman must wait before retesting after having scored in the marginal category
 - Between 70 and 74.9 points - retest at 90 days
 - Below 70 points - retest at 90 days
- **Minimum passing score still 75 points**
 - Refer to AFI 10-248, Attachment 12 to determine your minimum and maximum score requirements
 - Osan Health and Wellness Center has additional material on exercise, nutrition and fitness test



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Fit to Fight -- Air Force Fitness Test Changes

Max Point Targets for Physical Fitness Test

Males

Females

Age	1 Minute Push Up (#Reps)	1 Minute Crunch (#Reps)	1.5 Mile Run Time	Aae	1 Minute Push Up (#Reps)	1 Minute Crunch (#Reps)	1.5 Mile Run Time
Under 25	62	55	9:36	Under 25	42	51	11:06
25 - 29	57	53	9:36	25 - 29	41	47	11:24
30 - 34	52	51	9:48	30 - 34	40	42	11:54
35 - 39	46	49	9:48	35 - 39	30	40	11:54
40 - 44	40	47	10:24	40 - 44	20	38	12:30
45 - 49	40	45	10:24	45 - 49	18	34	12:30
50 - 54	39	43	11:06	50 - 54	16	30	14:24
55 +	35	41	11:06	55 +	14	27	14:24

- **Minimum passing score: 75 points**
 - **Points cumulate from the four components of the Fitness Test: BMI/Body Composition, Push up, Crunch and Aerobic Test**

Component	Aerobic Fitness	BMI / Body Composition	Push up	Crunch
Max Possible Points:	50	30	10	10



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Fit to Fight -- Air Force Fitness Test Changes

- **Minimum passing score: 75 points**
 - **Points cumulate from the four components of the Fitness Test: BMI/Body Composition, Push up, Crunch and Aerobic Test**
 - **Refer to AFI 10-248, Attachment 12 to determine your minimum and maximum score requirements**

Component	Aerobic Fitness	BMI / Body Composition	Push up	Crunch
Max Possible Points:	50	30	10	10

- **Example: 33 year old male with a BMI of 23, who completes the 1.5 mile run in 11:32, completes 42 push ups and 37 sit ups**
 - **Earns 30 points for the BMI/Body Composition component**
 - **Earns 40.5 points for the run, 8.5 points for push ups and 8.25 points for crunches**
 - **Total Fitness Score: 87.25**



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AFELM Physical Fitness Program

- **Next Physical Fitness test date: 6 March**
 - **Early Spring - weather dependent**
- **Non excused absence from testing may result in administrative action**
 - **J1 will notify members who are due for testing**



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Changes in Air Force Uniform Policy

Air Force Physical Training Uniform (PTU)

- Mandatory Wear date 1 Oct 2006**
- Obligatory during unit fitness activities**
 - Physical Fitness Testing**
 - Unit physical training activities**
- PTU optional when performing individual PT**
- Must comply with tattoo and jewelry standards**
- Any athletic shoes may be worn**
- Headphones not authorized on Yongsan**
- Saluting is not required**



Available at Osan & Yongsan Clothing Sales

Integrity - Service - Excellence

Not available on-line



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Changes in Air Force Uniform Policy

- **New Air Force Utility Uniform**
 - In final developmental stages
 - New Utility Uniform a gray, slate blue, tan and brown pattern
 - Previous blue camo prototype will not be adopted



- Will replace woodland BDU
- Permanent-press / Wash-and-wear
- Boots fuel and stain resistant
- Tentative wear date
Late 2006 or early 2007



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Combat Wingman Program

- **Why a Wingman Program?**
 - **We are all Airmen**
 - **We have accomplished a lot to make our nation safe and secure**
 - **Our mission is demanding**
 - Asks a lot of each individual and his family and friends
 - **Every Airman needs someone to look out for him, mentor him and 'watch his back' - Everyone needs a Wingman**



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What is Your Wingman Responsibility?

- **Get to know your Wingman**
 - Have the courage to care - ask questions
 - Recognize the signs of stress and intervene when necessary
 - Keep them squared away
 - Spend time together
- **Walk the talk**
 - Become “well” yourself
 - Change starts with you...you are responsible for the organizational climate



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Safety

- **Impacts our most valuable resources**
 - Airmen
 - Accidents degrade mission readiness
 - Unsafe work / living environment decreases mission effectiveness and efficiency
 - An unsafe environment wastes scarce resources

- **Stay alert to your environment**
 - Winter safety is paramount - coldest weather is still ahead of us **Winter safety is paramount - coldest weather is still ahead of us**
 - Be alert to signs of frost bite, hypothermia, and the dangers of winter weather driving conditions
 - Keep an eye open to symptoms of depression brought on by short winter days / lack of regular outdoor exercise routine





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HOT Lines

- **Suicide Prevention / Intervention**
 - **Social Work Services DSN 737-4101**
 - **Life Skills (Osan) DSN 784-2148**
 - **Life Skills (On Call Number) DSN 784-7000**
 - **USAF Chaplain (Chaplain Lt Col Voyt) DSN 723-4427**
 - **First Sergeant (MSgt Fallis) DSN 723-3766**
- **SARC Phone Number**
 - **Osan SARC 784-7272 (784-SARC) / 011-9067-0355**
 - **Commercial 00-800-3429-6477**
 - **Commercial Collect 1-484-530-5908**
- **Air Force One Source**
 - **www.airforceonesource.com**
 - **ID: Airforce Password: Ready**



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Significant Events

- **USFK Change of Command - 1 Feb 06**
- **Courageous Channel (NEO) - 1st Qtr Dates
TBD**
- **Rapid Thunder / RSOI - March 06**



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Upcoming MWR Events

Lemme (Rock Band) 11 Jan - Area I, Place TBD

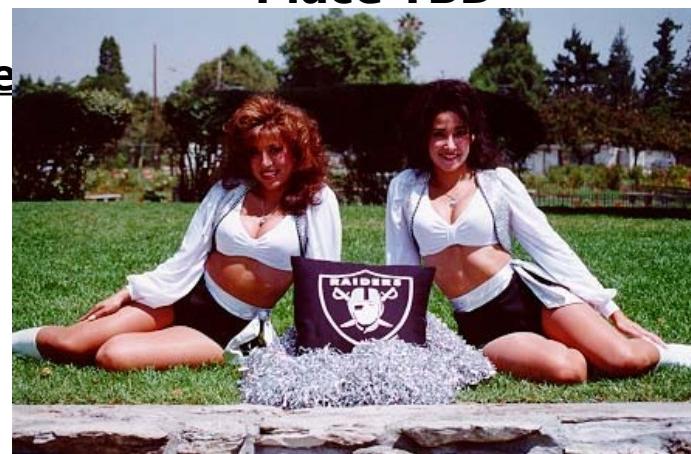


Comedy ROK's with MWR #3 21 January, MPC - Yongsan



**Drowning Pool & Tantric (Rock Band) 1 Feb
Collier Field House Yongsan**

**Band of Brothers Tentatively set for 9-13 Feb, Place
TBD**



Oakland Raiders "Raiderettes" Cheerleaders 10 Feb





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Promotions

- **1 October**

- **Maj Chris Budde - XO Dep USFK Chief of Staff**
- **Lt Col Nancy Rower - USFK/J36**

- **1 November**

- **Maj Beth Graboritz - USFK/SCJS**
- **Col Norm Schaefer - CFEN-D**

- **1 December**

- **Maj Wes Netcher - USFK/J4-AM**
- **Lt Col Kevin Cruze - USFK/J3-Ops**
- **Col Buddy Blanke - USFK/J64**

- **1 January**

- **Col Carl Block - USFK/J36**
- **Col Rodger Drew - USFK Dep Judge Advocate General**





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Command Selection

■ Group Command List

- Col Buddy Blanke**
 - 96th Communications Group, Eglin AFB**

- Col Carl Block**
 - 5th Combat Communications Group, Robins AFB**

- Col Matthew Donovan**
 - Officer Training School, Maxwell AFB**



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3RD Quarter Award Winners

- **Airman of the Quarter - SrA Tamika N. Spigner**
 - HQ ACC/PJ
 - Client Support Administrator
- **NCO of the Quarter - SSgt Steven D. Widmer**
 - USFK/J64
 - Computer Systems Controller
- **SNCO of the Quarter - MSgt Wintfred A. Davis III**
 - SOCKOR/SOJ4
 - Superintendent, Logistics Operations
- **CGO of the Quarter - Capt Duncan Leuenberger**
 - USFK/J64
 - Chief, Resource Management Branch



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AFELM Booster Club

OFFICERS

President:

Maj Beth Graboritz

Vice President:

Capt Darrell Smith

Treasurer:

TSgt Nanette Simmons

Recorder:

Ms. Florentina Rymer

Council Members:

MSgt Terry Leliefeld

Ms. Elaine Curry

SrA Yazmin Montoya

SSgt Gary Rymer

Ms. Seung Won Wenz

CHARITIES SPONSORED

Young Nak Orphanage; Young Nak Aenea's Nursing Home

NEXT EVENT : Saturday, 14 January 2006, 1300-1500

Meet at CC Seoul Parking Lot at 1240

Casual Attire

NEXT MEETING: Thursday, 12 January 2005, 1200 at Oasis



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Questions ?

